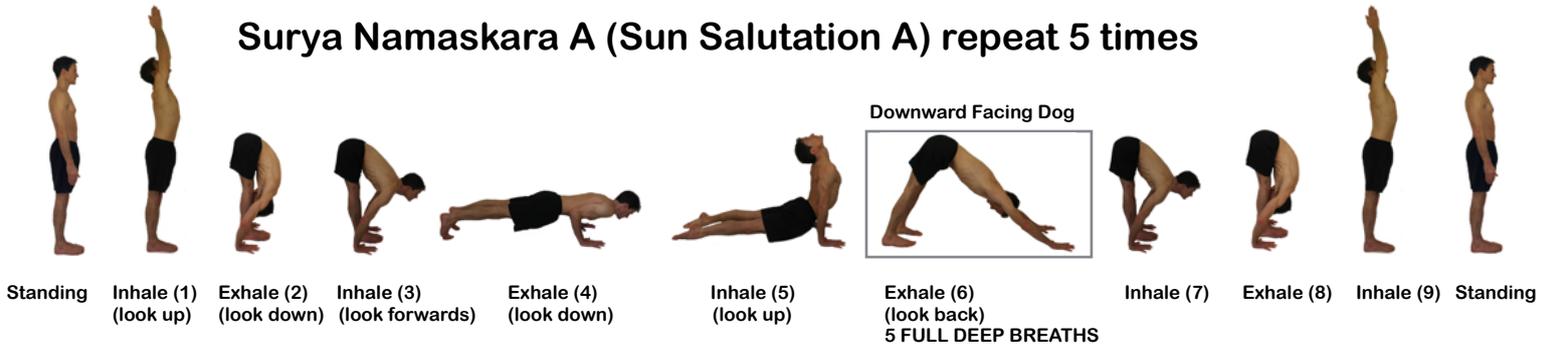
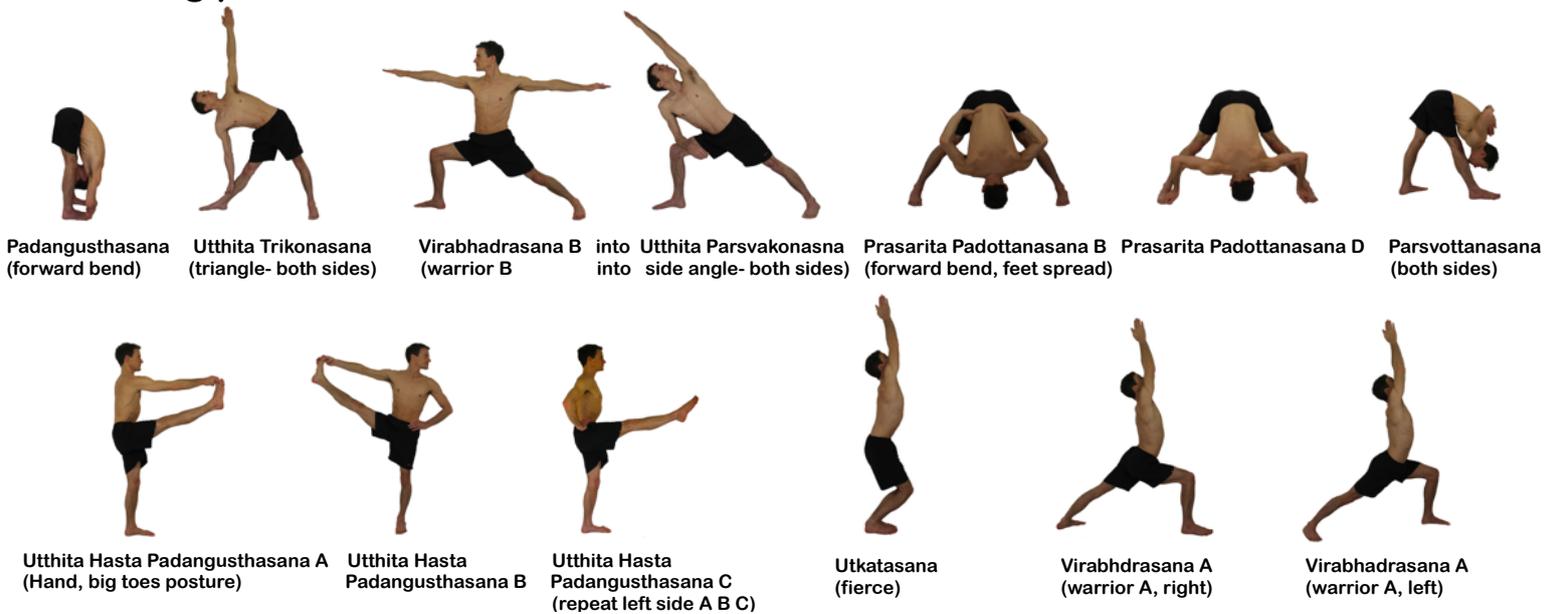


Full deep, easy breathing as you move through this yoga practice
 Keep your awareness tuned into the sensation of inhaling and exhaling
 Use either the video or audio from the website to get used to the movements
 Eventually aim to do this sequence from memory, using this PDF as a guide
 Try and repeat this one hour sequence at least four or five times a week
 Remember the postures below are just directions of movement: be patient
 Do whatever feels appropriate from day to day and enjoy being on your yoga mat

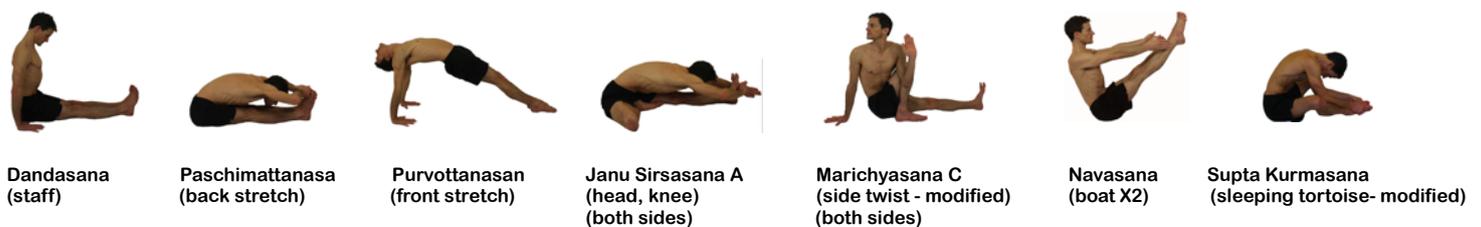
Surya Namaskara A (Sun Salutation A) repeat 5 times



Standing postures- 5 breaths each



Seated postures- 5 breaths each



Finishing Postures

